

February 2021

CANS NUTRITION BULLETIN

Child and Adult Nutrition Services
SD Department of Education



south dakota
DEPARTMENT OF EDUCATION

Learning. Leadership. Service.

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The Grapevine—A Note From Cheriee

Greetings! My only reminder this month is to celebrate the important work that you do. Start making plans to celebrate National School Breakfast Week, March 8-12, 2021. Children who eat a healthy breakfast tend to perform better in school, have better attendance rates, and have fewer behavior problems. Find a way to plan for something fun for your students this week! Poster or coloring contests are a cost-effective idea and the result is a colorful way to brighten up your lunchroom! The image below is a fun example from West Des Moines Community Schools School Breakfast Week coloring contest.



This year the School Nutrition Association theme is [Score Big with School Breakfast!](https://www.fns.usda.gov/sbp/marketing-ideas#breakfasts) The USDA FNS website has good ideas to market your breakfast program and work on increasing participation: <https://www.fns.usda.gov/sbp/marketing-ideas#breakfasts>. They suggest serving breakfast for lunch or celebrate with a theme day. I would love to see pictures of happy children eating a healthy school breakfast in pajama's! Action for Healthy Kids also has great suggestions on their website: <https://www.actionforhealthykids.org/activity/celebrate-national-school-breakfast-week/>.

My favorite quote is from Oprah Winfrey, "the more you praise and celebrate your life, the more there is in life to celebrate." Thank you all for hanging in there and keep nourishing those developing minds!

~Cheriee Watterson

South Dakota Sponsor Spotlight!

Is your school or agency doing anything unique and interesting in your programs that you would like to share!? Do you want to be featured in our South Dakota Sponsor Spotlight segment!? Submit any pictures along with a summary of the exciting events that you're doing to DOE.SchoolLunch@state.sd.us.

The Plankinton School kitchen was excited to have the Industrial Tech students complete and deliver a Milk Crate Storage shed before Christmas. No longer will the entryway be cluttered with crates as they are used between milk deliveries. The shed was built to hold at least 30 crates.



Check in with CANS Monthly Conference Call

Check in with CANS is a monthly conference call scheduled at 2:30 PM CST for the first Thursday of each month.

This call is open to all agencies on the Child Nutrition Programs. We are planning to include information across all of our Child Nutrition Programs. Each call will start with a report from CANS with hot topics, new guidance or program clarifications, and reminders of upcoming dates. There will also be time scheduled during each call for you to ask questions. Call in number: 866-410-8397. Participant code: 7587919653#. Remember, school lunch staff can use these calls toward your annual Professional Standards training requirements!

SY2020-21 Check in with CANS Call Schedule

- Thursday, March 4
- Thursday, April 8
- Thursday, May 6
- Thursday, June 3 **TENTATIVE, if needed**

Pick It! Try It! Like It!



[This Photo](#) by Unknown Author is li-

- This fruit belongs to the rose family and was brought to the US by ship in the 1600's.
- This fruit tree was grown in Northern Michigan, where cool breezes off the lake provided them with cool temperatures.
- In Japan, the blossoms of this fruit tree are the unofficial national flower.

If you guessed, Lakota: čhaŋphá; English: cherry, then you are correct!

Materials including signs, lesson plans, recipes, and a preservation fact sheet can be found at <https://extension.sdstate.edu/cherry-pick-it-try-it-it-preserve-it>. Featured recipes include Cherry Crisp and Green Beans with Dried Cherries.



JOIN US EVERY OTHER THURSDAY FOR

Crash Course WITH CANS

Short (30 min) learning opportunities for schools and agencies operating the School Nutrition Programs, Child & Adult Care Food Program, and Summer Food Service Program

SY2020-21 Webinar Topics*:

- | | |
|--|--------------------------------------|
| 9/17 CACFP iCAN Application | 2/11 School Breakfast Promotion |
| 10/1 Gone Shopping: Procurement Plans for SNP, CACFP, SFSP | 2/18 Fresh Fruit & Veg Program |
| 10/15 Civil Rights for SNP, CACFP, SFSP | 3/18 Farm to Table/Beef to School |
| 10/29 Hey, That's Not What I Ordered! Monitoring Contracts | 4/1 SNP NonProgram Food Costs |
| 11/12 Planning for Summer Feeding | 4/15 Community Eligibility Prov, SNP |
| 12/10 Supper Programs in High Need Areas | 4/29 SFSP Training |
| 1/14 FDP Surveys: What They Are and Why?! | 5/13 SSO Training |
| 1/28 Just Sign Here: Contracts for Interagency, FSMC, & Vended Meals | 5/27 FDP Year End Reporting |

*Changes to scheduled topics and dates may occur



Child & Adult Nutrition Services
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<https://doe.sd.gov/cans/>

Dietary Guidelines for Americans 2020-2025

The new guide emphasizes the importance of healthy eating throughout the lifespan and provides guidance for better nutrition from birth to older adulthood. It also discusses the special dietary needs of pregnancy and lactations so both mother and baby would be able to enjoy better health.

It is especially important to take the guidelines into consideration as more than half of the US population have one or more diet-related chronic diseases, such as cardiovascular disease, type 2 diabetes, obesity, and some types of cancer. There is also an increase in overweight and obesity among adults in the US which is now estimated to be 74% of the US adult population.

Therefore, the aim of the 2020-2025 Dietary Guidelines is to prevent further disease incidence by promoting health and reducing chronic disease risk across the lifespan. Better nutrition across each stage of life is even more important as people living with diet-related chronic conditions and diseases are at an increased risk of severe illness from the novel coronavirus.

The 2020-2025 Dietary Guidelines recommends:

- To follow a healthy dietary pattern at every life stage (birth to older adulthood).
- To Customize and enjoy nutrient dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- To focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
- To Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

Please read further the specific dietary recommendations for each stage of life and other details of the new Dietary guidelines at: [2020-2025 Dietary Guidelines for Americans](#)

School Nutrition Program

Native American Cooking—

Webinar Series:

Celebrating Indigenous Women Chefs

Native American chefs cook in a new [series](#). Guest chefs share knowledge and cook recipes online. Watch the first session and print recipes, or [sign-up for live sessions](#) featuring Chef Elena Terry (Ho-Chunk) and Chef Kimberly Tilsen-Brave Heart (Oglala Lakota).

Training Opportunity!

Institute of Child Nutrition is offering free training for new and aspiring Food Service Directors.

[**Introduction to School Nutrition Leadership**](#) provides an overview of the management components of school nutrition programs. The target audience includes school nutrition program staff with fewer than 5 years' experience as a director or those who may aspire to be a director, as well as state agency staff, specialists, and trainers.

This 4.5 day virtual, instructor-led training will be held through Zoom on dates in March and June.

- Monday-Thursday, March 15-18, 2021 – 8:00 am – 5:00 pm Central Time
- Tuesdays, Thursdays, June 15, 17, 22 & 24, 2021 – 8:00 am – 5:00 pm Central Time

Registration links:

- March 15-18, 2021 Introduction to School Nutrition Leadership
Registration Link <https://app.smartsheet.com/b/form/c51043b0c9954b4e855630dba440d30a>
- June 15, 17, 22 and 24, 2021 Introduction to School Nutrition Leadership
Registration Link <https://app.smartsheet.com/b/form/75266e9b15924d8e952f87318e5ae15b>

Fresh Fruit and Vegetable Program (FFVP)

2021-2022 Application Request

If an elementary school from your district is interested in participating in the FFVP for SY21-22, please click the Application Request link and provide contact information. The contact person will be notified when applications become available.

[FFVP 2021-22 Application Request](#) ← Click

Schools currently participating in the FFVP will be automatically invited to complete an application for SY21-22, and would not need to request an application.

The Fresh Fruit and Vegetable Program provides funds to elementary schools for purchase of fresh fruit and vegetable snacks. Preference of site selection is given to high free/reduced eligibility from the most recent October.



The service of the FFVP must be provided during the school day, and not served in conjunction with other federal programs (cannot be served at the same time as breakfast, or lunch). Also, the service of fresh fruits and vegetables cannot be served with accompaniments (fruits and vegetables cannot be served with juice, milk, bread, etc.). FFVP dollars cannot be used to cover the cost of fruits and vegetable served at lunch or breakfast service. Additionally, the FFVP must be scheduled to be provided at least twice per week.

NOTE: All current FFVP participants will be automatically invited, once applications are available, and would not need to request an application.

Please feel free to contact Rob Ingalls (rob.ingalls@state.sd.us) with any questions, or check out resources on the [CANS-FFVP webpage](#).

Child and Adult Care Food Program

iCAN Applications

If you have not yet completed your iCAN application for the current CACFP Program Year, please complete this as soon as you are able. The deadline to submit an October claim has passed and I encourage you to submit your application for approval soon so you do not miss out on claiming for November. The November claim deadline is January 29th. If you have any questions regarding the status of your application please log into iCAN, open your application packet for PY 2020-2021, and view the Packet Status in the upper right-hand corner. If the status is anything other than "Approved" please complete and submit your application for review.

Application Packet Sponsor of Affiliated Sites

Status: Active

Packet Submitted Date: 11/10/2020
 Packet Approved Date: 11/10/2020
 Packet Original Approval Date: 11/10/2020
 Packet Status: Approved

Summer Food Service Program

Remember Hunger is Solvable with Summer Meals

Expanding the reach of the summer meals program with USDA's COVID-19 waivers during the pandemic was critical as many families faced unemployment. The flexibilities allowed summer sites to open in areas that normally would not be eligible to operate a summer meal program. These sites can continue to operate till June 30, 2021 using the USDA waivers.

To highlight the community impact of federally founded meal programs FRAC released a series called "Remember This December" containing 7 installments of federal nutrition programs. The 6th installment is on summer meals.

If you are interested in reading about the summer meal program and other federal nutrition programs you can access the articles at the website below:

<https://frac.org/blog/remember-this-december-that-hunger-is-solvable-with-summer-meals>

Food Distribution Program

2021-2022 Annual Surveys

School Year 2021-2022 Annual Surveys will open Monday, February 8th at 9:00 a.m. in iCAN. The Food Buying Guide located at <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs> may help forecast your ordering needs. Once the surveys are open, the completion deadline is 9:00 a.m. on Wednesday, February 24th.

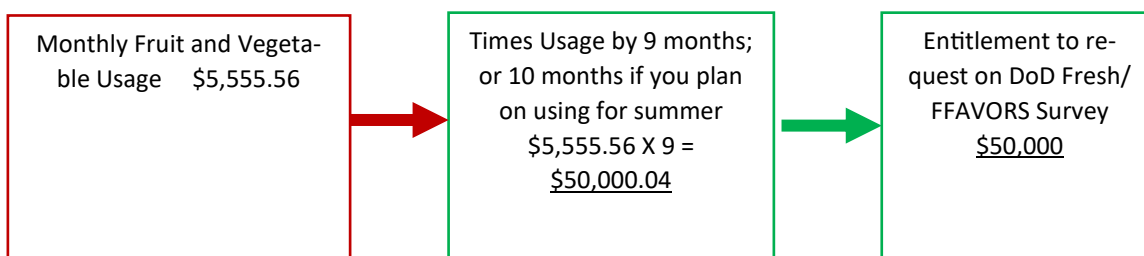
There will be four separate surveys and you must respond to each survey. If your school does not wish to participate in a survey, please check the box on the survey that states "Check here if you will not participate in this survey".

1. DoD Fresh/FFAVORS Survey

- Schools request how much entitlement they want to be placed in their DoD Fresh/FFAVORS account on this survey. The Department of Defense's Fresh Fruit and Vegetable Program can be used to order fresh fruits and vegetables to use in the breakfast or lunch program throughout the school year. Schools can request a portion, or all their entitlement to be placed in the DoD Fresh/FFAVORS ordering site. Requests cannot include cents. Please be as accurate as possible when forecasting this entitlement request. To estimate your monthly spending use the following example:



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)



2. 21-22 Annual Request Survey

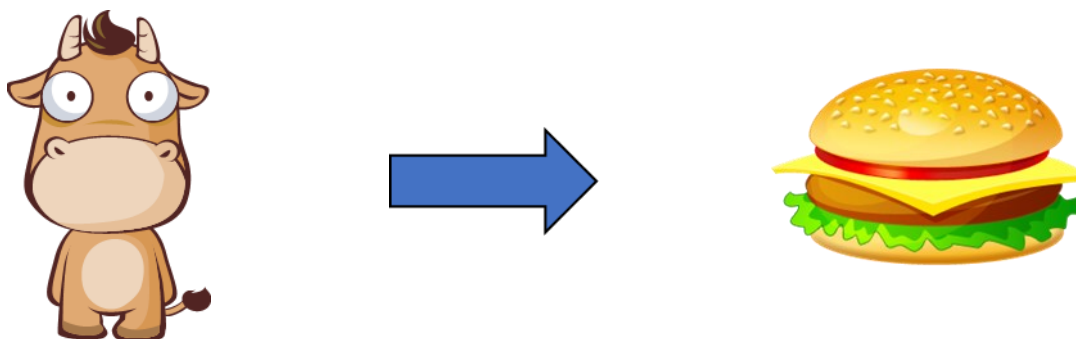
- The 21-22 Annual Request Survey is a list of USDA Foods available for the State Agency to order. This survey helps the State Agency determine how much product to bring into the state contracted warehouse.
- Schools order these items on the monthly order form in iCAN
- South Dakota can only order a USDA product if there is a minimum amount requested on this survey

3. Processing Items Survey

- This survey contains a list of processed food items the State Agency procures and brings into the state contracted warehouse
- Schools order the processed items on the monthly order form in iCAN
- Processing Items have a processing fee that schools are responsible to pay

4. Bulk Processing Pound Request Survey

- This survey is where schools tell the State Agency the number of pounds of raw material to be placed at a processor
- Bulk Processing is the conversion of raw materials into end products; for example, a whole cow into beef patties



- Schools pound allocation requests cannot be changed once the State Agency has requested pounds at the processor
- To forecast the pounds needed to produce full cases, use each processors commodity calculator located at: <https://doe.sd.gov/cans/calculators.aspx>
- Bulk Material South Dakota Processes:
 - ⇒ 100103 Bulk Large Chicken
 - ⇒ 100113 Bulk Chicken Legs
 - ⇒ 100154 Bulk Beef Ground
 - ⇒ 100193 Bulk Pork
 - ⇒ 100047 Bulk-Eggs, Liquid
 - ⇒ 100124 Bulk Turkey
 - ⇒ 110700 Bulk Peanuts, Raw
 - ⇒ 100506 Bulk Potatoes
 - ⇒ 100332 Bulk Tomato Paste
 - ⇒ 110244 Bulk Cheese-Mozzarella
- Bulk Processing needs to be procured by the school unless the State Agency has already procured the product. South Dakota procured product is listed on the following page.

Entitlement spending is monitored. If schools are not spending entitlement or not on track to spend all allocated entitlement, entitlement will be swept and re-distributed to schools that are using their full entitlement allocation.

Processing Products Procured by South Dakota State Agency

| Processor Material Code | iCAN Material Code | Product Description |
|----------------------------------|--------------------|-------------------------------------|
| Tyson | | |
| <u>10000097370</u> | 300102 | Tyosn-FC Beef Patty Crumbles |
| 10000069097 | 300103 | Tyson Flame Broiled Beef Patty-2oz |
| 10000097868 | 300104 | Tyson-FC Sliced Beef |
| 10000015230 | 300105 | Tyson-Pub Style Steak Burger-3 oz |
| 10000011750 | 300106 | Tyson-5 oz Charbrolied Meatball |
| 10000032432 | 300107 | Tyson- FC Beef Taco Filling |
| Asian Food Solutions | | |
| 73001 | 300200 | Chicken Teriyaki #73001 |
| 73002 | 300201 | Chicken New Orleans Cajun #73002 |
| 72001 | 300204 | Chicken Tangerine #72001 |
| Cargill Kitchen Solutions | | |
| 100008161 | 300302 | EGG-Skillet Omelet w/Colby Cheese |
| 110010394 | 300304 | Egg Patties-Grilled |
| 100008163 | 300308 | Egg,Chs & Trksaug-Skillet Frittata |
| 110034508 | 300315 | EGG-WG Sausage & Cheese Wrap |
| 110034509 | 300316 | Egg-WG Cheese Tortilla Wrap |
| 110034440 | 300317 | Egg-WG-French Toast Cinnamon Glazed |
| Jenni-O Turkey Store | | |
| 2099 | 300400 | TURK-Sliced Oven Roasted Breast |
| 2565 | 300401 | Turkey Ham .51 oz-Sliced |
| 3170-04 | 300403 | Turkey -Pre-cooked Brst&Thigh Roast |
| 6409 | 300404 | Turkey Ham, 1/2"-Diced |
| 2862-28 | 300407 | Turkey & Gravy-Pre-Cooked |
| 6401-40 | 300408 | Turkey-Crumbles-Pre-Cooked |
| Tyson | | |
| 70334-928 | 301002 | Chicken Tender Fritter FC CN WG |
| 70304-928 | 301006 | Chicken Pattie Fritter FC CN WG |
| 70364-928 | 301007 | Chicken Chunk Fritter FC CN WG |

Program Policy Memos

Some policies have multiple numbers. That means those apply to multiple programs.

Child & Adult Care Food Program

Current policies can be found at <http://www.fns.usda.gov/cacfp/policy>.

School Nutrition Programs (SP Memos)

Policies that apply to school operation and administration can be found at <http://www.fns.usda.gov/school-meals/policy>.

Summer Food Service Program

Policies can be found at <http://www.fns.usda.gov/sfsp/policy>.

Food Distribution

Food Distribution policies can be found at https://www.fns.usda.gov/resources?f%5B0%5D=resource_type%3A160&f%5B1%5D=program%3A35

New COVID-19 Waivers

To find a current list of the waivers that South Dakota has opted in to, you can visit the [CANS webpage](#) under the "Announcements Regarding Coronavirus/COVID-19" heading. Here, you will find a chart that lists all of the current waivers South Dakota is operating under. Since the last nutrition bulletin, no new waivers have been released.

Contact CANS

For any questions, comments, or concerns

Email: DOE.SchoolLunch@state.sd.us

Phone: (605) 773-3413

Fax: (605) 773-6846

This institution is an equal opportunity provider.

Professional Standards Reminder: Any learning or training you receive about any aspect of the School Nutrition Programs can be counted as training time towards the professional standards annual training requirement. Reading the bulletin each month does count towards training hours.

Please retain documentation to show what topics were trained. For example, agenda, topics, handbook, certificate, etc. And record training on a Tracking Tool – we suggest using the [SD Tracker Tool](#) posted on the CANS NSLP website.

To credit training hours for time spent reading the Nutrition Bulletin, you will need to keep track of the time you spent reading and determine the applicable training codes. Appropriate documentation for this would be a copy of the bulletin signed and dated with the amount of time written on it.